

# ARDGAY & DISTRICT COMMUNITY COUNCIL NEWSLETTER

Suggested £1.00 Donation



A & DCC

Population 582

Area 624.8Sq. Km

Density 0.93 per Sq.km

Back issues available at our website [ardgayanddistrictcommunitycouncil.org.uk](http://ardgayanddistrictcommunitycouncil.org.uk) Issue No 22 – Winter 2013



**Ardgay Community wish to thank everyone who mustered at the War Memorial on Remembrance Sunday. The parade and wreath-laying was well organized by the Royal British Legion Scotland Creich & Kincardine Branch & Parade Commander Colin Gilmour, Rosehall**

**Christmas is coming.  
Remember  
who it is for**



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**ARDGAY CLEAN UP DAY**  
Didn't we do well?  
12 of us managed to collect 6 x black bags of rubbish from the road verges and streets in and around Ardgay.  
Imagine what we could have achieved if we had more people supporting us – watch out for notice of our next Clean Up Ardgay Day - in the Spring.

*David Hannah - Editor*



**We depend on your generous appreciation to keep this Newsletter going.  
Send cheques payable to Ardgay & District Community Council or give cash to your distributor. *Editor***

## Pete Andrews Driving School



**Patient Friendly Tuition  
Refresher Courses  
Pass Plus**

**Areas Covered:  
Ardgay, Bonar Bridge  
Lairg, Golspie, Tain  
Dornoch & Alness**

**Tel. 01863 766884 Mob. 07763 133922  
email. [pete@peteandrews.org](mailto:pete@peteandrews.org)**



**The Business  
Gateway** is a  
national  
programme to  
support

enterprise throughout Scotland. In our area it is managed by Highland Opportunity Limited, which is an Enterprise Trust owned by Highland Council. If you wish to start or develop you own business contact David Knight – based at Key Commercial Services, Dornoch Road, Bonar Bridge, IV24 3EB, Mobile Number 07730419692 or E-mail [david.knight@highland-opportunity.com](mailto:david.knight@highland-opportunity.com).

## **THIS - (The Home Inspection Service)**

**House Maintenance & Repair Inspections.**

**David Hannah,  
Ardgay**

**Tel 01863 766061**

**Mobile 07880 776909.**

**e-mail [dhannah559@hotmail.co.uk](mailto:dhannah559@hotmail.co.uk)**



## House and Garden Odd-Jobs

**If you need help with:**

Home & Garden Maintenance.

Painting & Decorating.  
Drystone Walling.

Garden Fences,  
Slabs and Paths.  
Rubbish Clearance  
Chicken Runs.



**Small Pond Design and  
Creation.**

**Call Rik on:  
07765550110,  
01549 421213**

**Seangan House, Culrain,  
Ardgay, IV24 3DP**



## **BREAST CANCER SUPPORT**

**Have you had Breast Cancer  
or are you currently undergoing treatment for  
Breast Cancer**

**Would you be interested in being involved in a  
Breast Cancer Support Group based in East Sutherland**

**If interested please contact**

**Marion Mackay on 01408 664063**

**or**

**Julie Board on 01862 810159**



## ARDGAY & DISTRICT COMMUNITY COUNCIL

**Approved Minutes** of meeting held on Monday 14th October 2013 in Ardgay Public Hall at 7pm

**Present: Elected members:** David Hannah, Chair (DH), Teresa Langley, Secretary (TL), Marion Turner (MT), Betty Wright (BW), David Laver (DL), Bob Sendall (BS)

**Also present:** Vicky Whittock, Holly Slater, Adam Wardrop, Brian Bilborough, PC Angus Morrison (7.30pm)

**Minutes Secretary:** Mary Goulder (MG)

**Apologies:** Phil Olson (PO), Alan Lawrence, Treasurer (AL), Highland Councillor George Farlow (GF)

**Items 1/2. Welcome/Apologies** (see above). Chair David Hannah opened the evening welcoming everyone before inviting Brian Bilborough to address the meeting. Mr Bilborough wished to advise the Community Council of his recent tribulations following the disappearance of his motor bike from the Access Track through the E.oN Rosehall Windfarm. In brief, Mr Bilborough had ridden his off-road bike at the start of a fishing expedition, up the Track which leads through the windfarm. Although all visitors to the site are requested to stop and register at a control point, he had failed to do so, carrying on past the cabin, in which he could see several people, before parking his bike by the side of the track in full view beside turbine 15 and proceeding on foot to the hill loch. On his return some time later he discovered his bike had been removed. He walked to the control point but no staff were present and there was no trace of his bike. After walking back to his car he left a note on the main gate concerning the incident and giving his contact information. The following morning he returned to the site but no staff were present. Thinking his bike might have been taken to the Police station, Mr Bilborough went to Lairg but no-one was there. He has made several attempts to contact E.oN hoping to retrieve his bike, or claim compensation for it, but to date has received no reply to his letters or phone messages. The Police have noted the report of a stolen/missing bike but after brief investigations with E.oN it appears there is little further they can do. Mr Bilborough plans to write to his MP, MSP and perhaps the local press to express his anger at E.oN for failing to help solve his problem. He left at 7.15pm. The Chair then invited Vicky Whittock to address the meeting. Although staying for the entire meeting, Vicky's main reason for attending was to introduce Holly Salter and Adam Wardrop to the CC. They will be running the new café/shop which is soon to open beside the new bike shop at Ardgay Garage. Building and preparations are going well and it is hoped that the facility will be open within the next few weeks. The team is already in contact with Business Gateway and the Kyle of Sutherland Development Trust but any further assistance with seeking funding would be welcome. Holly and Adam also stayed for the rest of the meeting.

**Item 3. Police report.** PC Angus Morrison arrived at 7.30pm. He reported on the single car accident which took place at Kincardine last night, other than that the only incidents to mention were a few calls on animal related matters. He gave out a few questionnaires regarding local Police services/representation which will be completed and returned to the Bonar Bridge Police station. From the CC the only highlighted issues remain speeding in the village and the ongoing problems with log lorries not only speeding but driving fully laden in convoy, ignoring the recommendation for a twenty minute gap between them. The 20mph speed limit sign on the approach to the village from Culrain is badly sighted, presumably trying to cover two different roads at the junction. It is almost impossible to tell when it is flashing. A request was made that this sign should be moved and that a second one be erected to properly control the junction. This should be brought to the attention of Highland Council for action. **GF Action.** Parking in Bonar Bridge at the new burger van seems to be causing obstruction problems especially with more than one early morning log lorry stopping at the same time. Asked if, as happens elsewhere in the south, there was any possibility of members of the public being trained to use speed detector guns to record and pass on information to the Police, PC Morrison felt that this would be very unlikely in this area due to lack of funds. He left the meeting at 7.45pm.

**Item 4. Minutes of last meeting/Matters arising (not on the agenda).** The Minutes from the September meeting were adopted as a true and accurate record. Proposed: Marion Turner; seconded by Bob Sendall. **(1) Ardgay Station anniversary.** Secretary states this is to be a winter project for Kyle of Sutherland Heritage Society. She hopes to have more information soon. **(2) Tenants Association.** A 'walk around' Ardgay and Bonar Bridge is proposed for next week to take note of repair issues such as damaged pavements, kerbs, etc. A notice is on display in the village with further information. **(3) Energy Savings Trust.** BW advised she attended a most interesting event in Inverness at which there was much information available regarding energy saving advice for heating and insulation, grants, etc. The overall feeling of those attending was that the issues are too great to be left at an Ad Hoc state and should be receiving far greater attention from local and national government. The excellent speaker that day would be willing to come to a CC meeting to give a brief presentation. MT mentioned that KoSDT had applied to the Climate Challenge Fund for funds to support a local survey/assessment of needs but was asked to resubmit the application. BW will check with Helen Houston. **BW Action.** **(4) Overgrown trees/bushes at railway bridge.** Under the impression that this was in hand, Secretary will chase this up with Network Rail. **TL Action.** **(5) Notice boards at new cycle shop/café/shop.** MT advised that Planning approval has been received.

**Item 5. Village Clean Up Day.** Now planned for Saturday 9<sup>th</sup> November – volunteer helpers welcome. BW will co-ordinate the day, acquiring kits, organising people and routes. Start time will be 10am in the centre of the village with circular routes working outwards. DH has approached the school and the Boys Brigade both of which may be able to supply young people to assist. Working with the teachers and children at the school, a competition for best clean-up, most rubbish collected, etc might be arranged. **BW Action.**

**Item 6. Highland Road Safety Seminar.** This will be held on Friday 22<sup>nd</sup> November at 12.30pm in THC HQ Inverness. BW agreed to attend.

**Item 7. N. W. & Central Sutherland Ward Forum.** To be held in Lairg on Saturday 26<sup>th</sup> October. DL and TL plan to attend. The topic of the day being the Police and Fire Services, the CC representatives will try to state the need for more obvious Police presence and make clear the local feeling that there is little point in reporting minor incidents as there are not enough Police personnel to attend, thereby giving the statistics an inaccurate picture of local crime/issues. **DL/TL Action.**

**Item 8. Secretary's report. (TL)** Nothing of note.

**Item 9. Treasurer's report. (AL)** No report this month due to Treasurer's absence on holiday.

**Item 10. Correspondence.** Incoming mail included (i) Ardgay Public Hall Committee has submitted invoices with regard to expenditure utilising their Windfarm Community Benefit award. (ii) Documentation received regarding Police Scotland's Public Counter Service Provision/Traffic Warden review. (iii) SSE advises of its Energy Advice Tour event in Golspie on 17<sup>th</sup> October at 12.30pm. Posters have been displayed. (iv) Royal British Legion Creich & Kincardine Branch has written giving details of this year's Remembrance Day service and wreath-laying in Kincardine. In the absence of any other volunteer, DH offered to undertake this task. **DH Action.** (v) SRRC. Paul Whittock submitted a brief report on and invoices from their recent successful event which was assisted by Windfarm Community Benefit. The winter indoor season will continue in the Bonar Bridge Hall unless a time slot becomes available in Ardgay. (vi) NHS Scotland advise that 'flu vaccine is now available through local doctors' surgeries.

**Item 11. Cycle ramp at Invershin.** In his report Cllr Farlow stated that the requested information from the fabricators of the ramp has only recently been received by Highland Council. The information was required for insurance purposes. He awaits word on how the matter progresses. It is understood that Creich CC will discuss this item at its meeting tomorrow evening. DL stressed the importance of clarifying all legal aspects of fitting the ramp, approval, structural assessments, liability, etc.

**Item 12. Falls of Shin update.** Cllr Farlow advised that no money has yet been found to make toilet provision at the site. The road signs are still causing embarrassment and he has written to Visit Scotland asking if they can address the problem with the Balnagown Estate.

**Item 13. Core Path – Ardgay Hill.** This long running matter is no longer a CC issue. The problem that the landowner had closed a Highland Council Core Path was brought to the attention of Highland Council by A&DOC thus fulfilling its role as liaison between the community and Highland Council. It remains for Highland Council to resolve the issue. This matter will no longer be an agenda item. **TL Action.**

**Item 14. Windfarms update. Braemore.** Letter received from Wind Prospect Developments indicating a further reduction in the number of turbines, to eighteen, which they feel has greatly reduced the visual impact. The offer to send a representative to a CC meeting was accepted and BW will invite the company to attend the November meeting at 7pm. **BW Action. Coire na Cloiche.** Meeting with Halls Committees is being arranged. **Glenmorrie.** The Public Local Inquiry will be held in Ardross on 22<sup>nd</sup> October.

**Item 15. Update of Easter Fearn Proposed Development.** DH/MT will contact the developer regarding possible community benefit to Ardgay. **DH/MT Action.**

**Item 16. Kyle of Sutherland Development Trust update.** The AGM will be held on Monday 11<sup>th</sup> November at 7.30pm in the Bonar Bridge Hall.

**Item 17. Highland Councillor's report.** Cllr Farlow is currently on holiday. His written report is available on request. It covers several items discussed elsewhere in these Minutes as well as Ardgay Public Hall Committee Funding, Community Account Management, Planning, Environment & Development Service, Historic Scotland, Renewable Energy, TECS and Waste Management: Recycling. With regard to the traffic lights at Ardchronie the HC engineers confirm that the A836 is not in danger of collapse. A number of trees on the road embankment had been blown over taking down a section of the embankment. The road is not significantly undermined though the safety fence was damaged. Network Rail has now removed the tree stumps and rebuilt the embankment but the location of the verge and embankment make it difficult to reinstate the safety fence satisfactorily. Negotiations are ongoing with Network Rail and the landowners.

**Item 18. Any other competent business. (1) Old Migdale Hospital.** BW spotted a small item in the Northern Times with the new owner seeking the community's views as to what should be done with the building. It was agreed that it should provide a range of accommodation. **(2) Broadband speed.** BW has been informed that she cannot expect any improvement in her Broadband speed due to the incapacity of her local telephone exchange. She may contact Community Broadband Scotland. **(3) Newsletter deliveries.** DH announced that two new delivery volunteers have come forward to help with the south side of Strathcarron. Members will get together and clarify routes using a map which DL offered to provide. **DL Action.**

**Item 20. Date of next meeting.** The next meeting will be held on Monday 11<sup>th</sup> November at 7pm in Ardgay Public Hall. MT submitted her apologies for that meeting as she will attend the KoSDT AGM on the same evening. Meeting closed at 8.45pm.

**Item 21. Beinn Tharsuinn Windfarm grant applications (private session) -** There were no applications to discuss this month, therefore no separate minute is provided. Meeting closed 8.50pm

**Ardgay & District Community Council Meeting 2013-14 dates 2<sup>nd</sup> Mondays of the month at 7.00pm in Ardgay Village Hall**

9 Dec	Jan – No CC	10 Feb	10 Mar	14 Apr	12 May	9 Jun – AGM
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**All meetings are open to the public and we would welcome your support for our guest speakers by attending them.**

**MERRY CHRISTMAS & HAPPY NEW YEAR to ARDGAY & DISTRICT from your COMMUNITY COUNCILLORS**

## COMMUNITY COUNCIL MEMBERS AND CONTACT DETAILS

Members	Addresses	Contact Details
David Hannah (Chair)		
Alan Lawrence (Treasurer)		
Phil Olson		
Marion Turner		
David Laver		
Betty Wright		
Bob Sendall		
Teresa Langley (Secretary)		
<b>Councillors</b>	<b>Representing the Highland Council North, West and Central Sutherland Ward 1</b>	
George Farlow		
Hugh Morrison		
Linda Munro		
Community Police - <b>Bonar Bridge Police Station</b> Dornoch Road, Bonar Bridge, IV24 3EB		Tel : 01863 766222 Website < <a href="http://www.northern.police.uk/contact.html">www.northern.police.uk/contact.html</a> >

### Community Contact numbers - Thank you to the Bradbury Centre Local Telephone Directory for this information:

Police	<b>Inverness 0845 600 5703</b>			Migdale Hospital	Cherry Grove	Bonar Br.	766211
Doctors	Creich Surgery	Bonar Bridge	766379	Primary Schools	Bonar Br.	Bonar Br.	766219
Nurses	Creich Surgery	Bonar Bridge	766237	" "	Gledfield	Ardgay	766580
Electricity	24-Hr Emergency	0800	300999	" "	Rosehall	01549	441348
"	Enquiries	0800	300000	Post Office	Alness	01349	884487
"	Customer Help	0800	300111	" "	Bonar Br.	Bonar Br.	766219
H. Council	Drummuie	Golspie 01408	635370	" "	Rosehall	01549	441338
"	Service Point	Bonar Bridge	766838	Bradbury Centre	Bonar Br.	Bonar Br.	766772
"	Service Point	Dornoch 01862	810491	Scottish Water	24 Hr Emergency	08456	008855
Ardgay & District Community Council Newsletter			766061	" "	Customer Help	08456	018855
Kyle of Sutherland Development Trust			Tel 01863 766536 or e-mail < <a href="mailto:development@kyleofsutherland.co.uk">development@kyleofsutherland.co.uk</a> >				

### Royal Bank of Scotland Mobile Timetable from January 2012

<b>Tuesday</b>	<b>Bonar Bridge War Memorial</b>	<b>Arrive 1.35pm</b>	<b>Depart 1.50pm</b>
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**Gazebo/Small Marquee** - The Community Council have a small gazebo/marquee available for hire for community activities. Contact Marion Turner or Phil Olson 01863 766100.



Dear All - Please find a link to the **2013 Business Gateway/Create Business Ideas Competition**.

The competition is aimed at anyone exploring a business venture or community enterprise and offers cash prizes to help get things moving. In addition, all entrants will be offered a package of advisory support from Business Gateway and our partners. Sutherland has always had a successful presence in these awards and I'd expect 2013 to be no different as there are a lot of great ideas in the County. Anyway, here's the link. Application is very simple and straightforward but, if you've any queries about the competition, please don't hesitate to contact us or **CREATE**. – Regards – David Knight, Business Gateway.

<http://www.createhighland.com/Business/System-Integration.aspx>

**Reverend Alan & Mrs Ann Watt – Wish all their many friends in the area –  
A MERRY CHRISTMAS & A GOOD NEW YEAR from Forfar.**

## Bradbury Centre Bus – Service 920 – Timetable and Routes – From Wednesday 22 May 2013

**To Book journeys Telephone The Bradbury Centre – 01863 776 772**

**Operates every Wednesday apart from Christmas and New Year weeks.**

**Wednesday** – Bonar Bridge circular via Spinningdale, Tain and Edderton

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Bonar Bridge (Cherry Grove)	1330
Spinningdale (lay-by at post box)	1039	Ardgay	1333
Clashmore (Carnegie Hall)	1053	Edderton	1353
Tain (Bus Stop at big Co-op)	1102	Tain (Lamington Street)	1406
Tain (Lamington Street)	1104	Tain (Bus Stop at big Co-op)	1408
Edderton	1117	Clashmore (Carnegie Hall)	1419
Ardgay	1139	Spinningdale (lay-by at post box)	1431
Bonar Bridge (Cherry Grove)	1142	Bonar Bridge (Cherry Grove)	1440

### **Bus Service Timetable – Bonar Bridge - Lairg – Rosehall Dial-a-bus Service No. T91**

Monday – Friday Lairg/Rosehall/Ardgay (apart from the weeks of Christmas and New Year).

The service will be pre-booked for collection and delivery within the area.

The hours of operation will be 0900 to 1500 on Mondays and Fridays.

All journeys must be booked by 1400 on the previous working day, i.e. Friday for journeys on Monday and Wednesday for journeys on Friday. The phone number for booked journeys is **01863 766772**

### **Bus Service Timetable - Bonar Bridge – Alness – Service No 919**

**Operates every Tuesday apart from Christmas and New Year weeks.**

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Alness (on B817 outside Morrisons)	1300
Ardgay	1034	Ardross (crossroads on B9176)	1317
Easter Fearn	1042	Easter Fearn (junction with B9176)	1333
Ardross (crossroads on B9176)	1058	Ardgay	1340
Alness (on B817 outside Morrisons)	1115	Bonar Bridge (Cherry Grove)	1345

The Minibus has a wheelchair lift which will be available as part of the service. Additional time has been added to the timetable to accommodate this but, as it takes up to 10 minutes for the lift to load or unload a passenger there may be subsequent delays of up to 10 minutes along the route. The service will divert on request to pick up pre-booked passengers up to a mile from the route. These journeys must be booked by 1400 on the previous working day, i.e. by 1400 on Tuesday for journeys on Wednesday.

The phone number for booked journeys is **01863 766772**

**Bradbury Centre Opening hours** - Monday & Friday 9am - 3pm, Tuesday 9am - 2pm, Wednesday 9am - 2.30pm, Thursday Closed. The activities provided at the Centre are - Monday & Friday we hold a variety of activities including chair based exercises, games to stimulate the mind and the usual table and carpet games. Tuesday & Wednesday are purely lunch club days with a quiz or bingo. Lunches are served on all four days £4.00 per head for a two course lunch plus tea/coffee. Anyone interested please contact Lorraine or Elizabeth on 01863 766772. The Bradbury Centre has been chosen by ASDA as one of their charities for November and December; if you are shopping in ASDA could you please place the green token in our box. We will also be bag packing on the 21<sup>st</sup> December and we are looking for volunteers to help, if you can give a couple of hours to help please contact the Centre. November and December will be busy months at the Centre, we have two accompanied shopping trips to Inverness, a trip to the Pantomime with lunch at the Waterfront Inn, Carol Service on the 13<sup>th</sup> December, and our Christmas Party on the 18<sup>th</sup> December. We close on the 18<sup>th</sup> December until the 6<sup>th</sup> of January. The Board were delighted when Lorraine Askew (Manager) was awarded Highland Older Peoples Champion 2013 by the Highland Third Sector Partnership. The award was presented to Sheila Fletcher (Director) at Eden Court as Lorraine was abroad at the time. At our recent AGM we welcomed Rev. Mary Stobo to our Board of Directors. However, as two of our long standing directors had to stand down (as required by our constitution) and another had to resign for family reasons we are keen to recruit at least a couple more Board members. Anyone interested in helping with the management of this valuable resource in our community should contact the Chairman, Dr. Brian Martin (01863 766147).

**The Board and Staff would like to wish everyone a Merry Christmas and a Happy New Year.**

**DIAL-A-BUS – 01408 641 354 – Operator - MacLeod's Coaches - Covering Ardgay/Lairg & Rosehall.**

**COMPREHENSIVE LEAFLETS ABOUT THIS SERVICE ARE AVAILABLE FROM HIGHLAND COUNCIL SERVICE POINTS**



Service Available – Tuesday, Wednesday, Thursday from 09.00 to 12.30 & 13.15 – 15.00

**How to Book** – Phone the Operator at any time up to 18.00 on the day before you want to travel. You will need to state when you want to travel, where you are going to and from, and give a contact phone number. If you have a fixed appointment you can book this service many weeks in advance of travel.

You can book outward and return journeys at the same time. Fares are similar to ordinary buses, and Free Concessionary travel is available if you have a bus pass. You can be picked up from the nearest public road point to your home, (if you have a disability it is up to the Operator to decide whether the bus will come for you). The bus will come for only one passenger, (no need to fill the bus). Passengers may also be carried between this area and Dornoch or between this area and the Lawson Memorial Hospital, Golspie, but these journeys must be booked at least 24 hours in advance.

**The Highland Council want to know if you have any comments or suggestions concerning the use of this service. Please phone 01463 242951, (please state the date and time of any problems when you phone).**

**McLeod's Coaches Dial a Bus - Timetable - Ardgay, Bonar Bridge - Mondays, Wednesdays and Fridays**  
09.30 - 12.30, 13.30 - 15.00, 16.00 - 17.30. Area of operation - 6 mile radius of Ardgay Station, plus Strathcarron road as far as Croick. To and from Dornoch and Lawson Hospital, Golspie \*Please pre book your journey by 18.00 hrs on the previous day or 24 hrs in advance for destinations marked\*. These services are operated under contract to the Highland Council. **Links to Macleod's Coaches** - 01408 641354 [www.macleodiscoaches.co.uk](http://www.macleodiscoaches.co.uk) A new timetable came into force on Monday 16 August 2010.

<b>ARDGAY to Tain &amp; Asda</b>	06.53	09.13	11.18	14.18	17.08	17.53
EDDERTON	07.05	09.25	11.30	14.30	17.20	18.05
TAIN (LAMINGTON ST)	07.15C	09.35C	11.40C	14.40C	17.30C	18.15
<b>TAIN(Asda &amp; LAMINGTON ST) to Ardgay</b>		07.30	10.11A	13.11G	15.11G	18.48
EDDERTON		07.36	10.17	13.17	15.17	18.54
ARDGAY		07.50	10.30	13.30	15.30	19.07

A - Will wait up to 5 minutes when necessary, for arrival of Stagecoach Service 25x bus from Inverness.

C - Stagecoach bus to Inverness departs 07.20 : 09.50 : 11.50

G - Will wait up to 10 minutes when necessary, for arrival of Stagecoach Service 25X bus from Inverness

**Public Transport Access to TRACC Swimming Pool from Ardgay** - see Ardgay village notice board; contact TRACC, Hartfield Road, Tain, 01862 893767 or contact Macleod's Coaches 01408-641345

#### **Ardgay Meeting/Function Venues**

**Contact for Booking Ardgay Hall – Fiona Venters, 4 Carron Place, Ardgay 01863 766602**

**Contact for Booking Kincardine Heritage Centre – Mrs Mary Stobo 01863 766868**

**Contact for Booking Ardgay Church Hall –The Reverend Anthony Jones – 01863 766285**



**POLICE CALL MANAGEMENT - For the information of residents within the Sutherland and Easter Ross areas.** The public



numbers to contact police within your area changed with effect from 18 February 2013 and all calls to the Police will now go directly to Inverness **0845 600 5703**. A local officer will then be contacted to respond to your call.

**National Emergency number 101. For non-urgent matters – Tel: 0845 600 5703 Fax: 01463 230800, Confidential Line: 01463 723321, Textphone: 01463 723325 (for use by people with speech or hearing difficulties), Email: [mail@northern.pnn.police.uk](mailto:mail@northern.pnn.police.uk)**

**Post: Northern Constabulary, Police Headquarters, Old Perth Road, Inverness, IV2 3SY**

**Crimestoppers** - To pass on information about crime anonymously, call Crimestoppers on **0800 555 111** or fill out a secure, encrypted [online form](#) via the Crimestoppers website. In preparation for the Police and Fire Plan consultation I thought it would be useful to pass on following links to the Police Scotland Website for both the Highland and Ward Policing Plans. The individual Ward Policing Plan can be found on the right hand side of each page and the overall Highland Local Policing Plan can be found at the bottom of each of the page. Caithness, Sutherland and Easter Ross area Wards: <http://www.scotland.police.uk/your-community/highland-and-islands/caithness-east-ross-and-sutherland/>. Shane Spence, Service Delivery Officer, **Highland and Island Division, Police Scotland**, Police Headquarters, Old Perth Road, Inverness, IV2 3SY, **Tel: 01463 720 674, Email: [shane.spence@scotland.pnn.police.uk](mailto:shane.spence@scotland.pnn.police.uk)** Website: [www.scotland.police.uk](http://www.scotland.police.uk), Twitter: [www.twitter.com/NorthernPolice](https://twitter.com/NorthernPolice) **Facebook: [www.facebook.com/policescotland](https://www.facebook.com/policescotland)**

**Jeannie Sparling's Report** - Toilets are now closed, John Clarke will instruct a plumber to turn off the water and drain down the system. He has also been advised of a 'small leak on the supply to the toilets' by Scottish Water. Notices will be put on the doors. The new flooring has been a success, looks good and is easy to maintain. Alternative paper towel dispensers discussed with John Clarke as often the existing ones jam. We did notice some increased usage, possibly as a result of the closure of the Falls of Shin, but not significant. The opening of the shop and cafe may mean an increase if visitors choose to picnic on the grass by the toilets. The scheme works well for us as Gordon and I share the maintenance. I read in the minutes one month that the Heritage group are going to be looking after the railway station platform flowers as the anniversary celebrations for the station are planned. That is good as I have found it difficult keeping up with them. There will be spring bulbs coming up again next year which should give a good show there. **SINCERE THANKS TO JEANNIE & GORDON FROM US ALL**

**Kyle of Sutherland Development Trust**— AGM and the Election of Directors took place on Monday 11<sup>th</sup> November 2013.



Chairman thanked the Directors for their work and support throughout the year. In accordance with Company Articles two Member Directors had to stand down but would be eligible for reappointment. Standing down: Hamish Campbell and Ruairidh Waugh. Ruairidh Waugh intimated he would be willing to continue as a Director if nominated and elected. Both Co-opted Directors stand down in accordance with Company Articles, being David Knight and James Murray. Election of member directors; two vacancies, David Mackay was nominated by Rosy Baxter and seconded by Marion Turner; Ruairidh Waugh was nominated by Valerie Mackenzie-Harris and seconded by Posy Macrae. Member Board directors are: Pete Campbell; Posy Macrae; Marion Turner; Claire Bruce. AOCB -

**From the floor** - A question was asked about the situation with the Kyle of Sutherland Apprenticeship Scheme. The Scheme is being administered by another organisation. The current three apprentices will use all remaining sources. It is hoped that a mechanism will be found to attract further funding from possibly the SSE Regional Fund. At the launch of SSE Regional Fund in Bonar Bridge the Apprenticeship Scheme will be showcased.

**Question** about the outcomes from having the Graduate Placement: build business services side of the company; run events for KoSDT and also for other organisations; have the opportunity to learn community development good practice from Helen Houston; to increase income generation to allow the continued employed of a business administrator/events organiser.

**Question** about whether or not we had produced any kind of business plan to guide our thinking and to steer the direction of inward investment as and when/if windfarm community benefit funds grow. The Chairman responded - no, but we do intend to do that over the next coming months. The Chairman further stated that the Trust is a-political in regard to planning matters surrounding the growth of windfarms, although we would very much wish to be involved in the negotiation of community benefit from the outset of the planning stage.


I would appreciate if you could send details of any upcoming events/meetings/activities of which you may be aware for the 'What's on' calendar on the Kyle of Sutherland website. You can forward details by email or by phone 01863 766 536; or pop in to the office. Please feel free to pass this information on to anyone you think might have something for inclusion. Tel: 01863 766190 - [www.kyleofsutherland.co.uk](http://www.kyleofsutherland.co.uk) Email: [development@kyleofsutherland.co.uk](mailto:development@kyleofsutherland.co.uk).

**This is the list of groups and organisations in Ardgay & District, which we know about with contact details:**

Organisation & Contact	Organisation & Contact
Ardgay & District Community Council – 01863 766 061	Ardgay Hall Committee – 01863 766 174
Creich & Kincardine Art Group - 01549 421 321	Ardgay Children's Christmas Party – 01863 766 609
Ardgay Badminton Club –01863 755 329	Bradbury Centre – 01863 776 772
Bonar Bridge Football Club - <a href="http://www.spanglefish.com/bonarbridgefootballclub">www.spanglefish.com/bonarbridgefootballclub</a>	Bonar Bridge/Ardgay Golf Club – 01863 766 199
Boys' Brigade - 01863 766 166	Bonar Bridge Local History Society - 01863 766 235
Church of Scotland – 01863 766 285	Citizens Advice Bureau - 01408 633 000
Camera Club 01863 766 223	Crofters Group - 01863 766 144
Edderton & District Gardening Club - 01863 766 061	Domoch Academy Parent Council - 01862 821 214
Gledfield School - 01863 766580	Gearrhoille Community Wood Ardgay - 01863 766 174
Highland Councillors – see page 5.	Invercharron Highland Games - 01863 766726
Kyle of Sutherland Fisheries Trust - 01863 766536	Kyle of Sutherland Gala Committee - <a href="http://www.spanglefish.com/kyleofsutherlandgalaweek">www.spanglefish.com/kyleofsutherlandgalaweek</a>
Kyle/Suth. Youth Development Group - 01863 766 310	Kyle of Sutherland Heritage Soc. - 01863 766 700
Kyle of Sutherland Cycle Club - <a href="mailto:info@koscc.co.uk">info@koscc.co.uk</a>	Royal British Legion, Scotland - 01863 766 349
Kyle of Sutherland Whist Club - 01549 421 282	Scottish Country Dancers – 01863 766 852
Kyle of Sutherland Development Trust - 01863 766 908	SVRI – 01863 766 646
The Ladybird Club - 07927 375836	The Bridge Project – 07801 496 609
Scottish Esperanto Association - 01863 766 061	Tain Royal Academy PTA - 01862 892 637
Sutherland Walkers Group - 01863 766 061	Ward Forum – Community Council
Windfarms –Community Council	Rosehall Community Arts - 01549 441 283
	Tain & District Rotary Club - 01863 766 285

Please tell the Editor if you know of any others, or if your group or organization would like to contribute to the newsletter. E-mail [dhannah559@hotmail.co.uk](mailto:dhannah559@hotmail.co.uk) or telephone 01863 766061.

**Kyle of Sutherland Whist Club – Bonar Bridge Hall – Wednesdays - 7.30pm from September to April**

 <b>Whist Drives - Participation £2.00 including refreshments.</b> (Lessons can be arranged if you would like to learn how to play and participate in fundraising for community groups).	DECEMBER 11 <sup>th</sup>	HELP FOR HEROES
	DECEMBER 18 <sup>th</sup>	ROYAL BRITISH LEGION, CREICH & KINCARDINE BRANCH
	JANUARY 8 <sup>th</sup>	WHIST CLUB
	<b>(See Community Notice boards in December for 2014 programme)</b>	

For information about the Whist Club or any of the Host Groups please contact Mrs Rosemary Logan 01549 421 282

**Kincardine Parish Church - Contact Details** - Minister- Rev. Anthony M. Jones, The Manse, Manse Road, Ardgay, Sutherland IV24 3BG email: <[revanthonymjones@yahoo.co.uk](mailto:revanthonymjones@yahoo.co.uk)> Tel: 01863 766285

**Session Clerk/Roll Keeper** – Vacant

**Clerk to the Congregational Board** – Mrs Babs Gemmill Tel 01863 766 495,

**Treasurer** Hilary Gardner Tel 01863 766 107

**Sunday (usual) Services - Ardgay @ 12.15pm** – If you would like information about the Church of Scotland contact The Minister.



**FROM THE MANSE.....** Singing at Christmas!

Dear Friends, Walking In The Air. I Wish It Could Be Christmas Every Day. Merry Christmas Everybody, Rockin' Around the Christmas Tree, Mistletoe and Wine, Fairytale in New York, Frosty the Snowman - there are dozens of modern Christmas songs that we hear in the supermarket every year! Nothing wrong with that - let's sing along with them! But let's not forget the other type of song we will all be hearing this Christmas - the Carol! Most of us love carol singing, even though we may grow weary of them come Boxing Day. Each year when Christmas comes, we love to celebrate the season in song. And more often than not, it is the 'oldies' that prove the popular ones. Carols are the most potent form of evangelism, mixing cheerfulness with hope, optimism, and glad tidings. During the 12th century, St. Francis of Assisi formally introduced Christmas carols to church services. As patron of the arts, he inspired the composers and poets of the day to deliver Christmas music. The lighter joyous songs were introduced many years later in Renaissance Italy - the 1400's, the time of Leonardo da Vinci and Michaelangelo. The earliest known copy of an English carol was written by Ritson in about 1410. Throughout the years, monks also contributed significantly to composing music themes from the Bible. Christmas carols were banned between 1649 and 1660 in England by Oliver Cromwell, who thought that Christmas should be a solemn day. When Protestants, inspired by Martin Luther, took to the joy of Christmas carols, many had to flee Europe under pressure from the Catholic Church. They took the Christmas carols with them to their new homes across the world. Fortunately, in Europe, when carols couldn't be sung in Churches, they found a stage elsewhere. The world's most famous play, the Passion Play, was staged in Oberammergau, Germany in 1643 (and has been performed every ten years since), in the 1700's, the music by Mendelssohn and Handel was adapted and used as Christmas carols.

What a legacy in words and music we have inherited from early Christian writers to world famous composers of every age. The desire to sing Christmas carols I suspect will never be extinguished. Who can resist hearing children sing 'Away in a Manger' or the powerful memories that 'Still the Night' evoke. Christmas morning would not be the same without the chorus of voices singing 'O Come all ye faithful' and 'Hark! the Herald Angels Sing'. There is something both timeless and eternal about these carols linking us to our childhood days, reminding us of family Christmases long ago yet, binding us in joyous celebration of the Christmas here and now! I hope that you will take the time to join us at one of our many Church services this Christmas and, give thanks for the real reason for our celebration and, that of the worldwide Churches - the birth of Jesus Christ, the greatest 'gift' to the world. Wishing you a Happy Christmas and a Healthy and Prosperous New Year. REV ANTHONY

**THE KYLE OF SUTHERLAND CHURCHES** (Kincardine, Croick & Edderton linked with Creich linked with Rosehall Parish churches)

**CHRISTMAS & NEW YEAR 2013/14: SERVICES IN YOUR LOCAL AREA:**

**ARDGAY CHURCH**

- Sunday 22nd December at 6.30pm - Family Service of Lessons and Carols and Christmas Music. Everyone Welcome.
- Wednesday 25th December (Christmas Day) at 10.30am - Short Family Toy Service - "Christmas Unwrapping" (children bring along a favourite present to the service)
- Sunday 5th January, 2014 at 11am - Annual Combined New Year Service for the linkage at Ardgay Church

**EDDERTON CHURCH –**

- Friday 20th December at 11am - Edderton Primary School Christmas Service
- Tuesday 24th December (Christmas Eve) at 11.30pm - Watchnight Service (nb Short Christmas Day family toy service at Ardgay Church at 10.30am)
- Sunday 5th January, 2014 at 11am - Annual Combined New Year Service for the linkage at **Ardgay Church** (no service at Edderton)

**CREICH CHURCH** Christmas services at Creich Church:

- Sunday 15th December at 10.30am – Sunday School Nativity Service for the family
- Thursday 19th December at 11am - Bonar Bridge Primary School Christmas Carol Service, in Creich Church
- Tuesday 24th December (Christmas Eve) at 11.15pm - Watchnight Service
- Sunday 5th January, 2014 at 11am - Annual Combined New Year Service for the linkage at **Ardgay Church** (no service at Creich)

**ROSEHALL CHURCH -**

- Sunday 15th December at 12pm - Rosehall Primary School & Sunday School Nativity Service for all the family
- Tuesday 24th December (Christmas Eve) at 11.15pm - Watchnight Service (n.b. Short Christmas Day family toy service at **Ardgay** at 10.30am)
- Sunday 5th January, 2014 at 11am - Annual Combined New Year Service for the linkage at **Ardgay Church** (no service at Rosehall)

**The Bridge Project - (Dornoch Firth Group – Scottish Charity Number SC034932).** The Dornoch Firth Group was established in 2007 by the six Church of Scotland Parishes around the Dornoch Firth, (Kincardine, Creich, Edderton, Rosehall, Croick & Dornoch). **Good Morning Sutherland** – This service has been designed to reduce isolation, experienced by some of the over 50's, who live alone in our communities. It is a service to reassure you that someone will check on you every day, with a telephone call from one of our trained team. If your "Good Morning Sutherland" call is not answered, we will call again in a few minutes. If there is still no answer after a third call, we will contact your agreed contact person. (There is no charge for the service).

Referrals can also be made from various services such as Medical Services, District Nurses, Doctors' Surgeries or local Churches, of any denomination. **I am looking for your help.** The DFG "Good Morning Sutherland" project provides daily calls for its clients who are people living on their own in Sutherland. We have pairs of volunteers who take turn, usually a week about or a month about to call the same, up to three clients each morning when on duty. In January we will need another volunteer for Good Morning Sutherland. I know you may not be in a position to volunteer beyond what you already do for the DFG, but you may know someone who not only could help, but would also benefit from the opportunity to do so. Most of the recent volunteers joining us have come through word of mouth, so I am hoping to get someone new on board through this approach. Good Morning Sutherland volunteers phone up to 3 isolated elderly folk each morning for a short chat lasting a couple of minutes. Volunteers work in pairs and are on duty either week about or month about, depending on who they work with. Could you approach anyone you think would fit this bill, and let me know? Thanks John McMurray. Volunteers wanted – If you would like to give time to supporting and assisting with this service, or give a donation to cover administration costs contact – John McMurray, Community Outreach Worker, Wlallimar, Rowan Avenue, Dornoch, IV25 3QW, Tel 07801496609, e-mail [johnmcmurray@yahoo.com](mailto:johnmcmurray@yahoo.com)

**Forthcoming job vacancy:** there will shortly be a vacancy at the Dornoch Firth Group. Anyone interested should check the website during the next few weeks.



**SWRI (Scottish Women's Rural Institute) SWRI** - Ardgay 7.30pm on the third Tuesday of every month September to May in Ardgay Village Hall. All ages welcome - Contact for details – Mrs Jean Jack Tel 01863 766 646. Culrain and Invershin in the Culrain Hall the last Thursday of the month at 7.30pm.

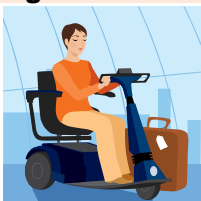
**Mobile Library dates & times Ardgay:** Wednesdays 18th December 2013. Tel. 07733300761 for 2014 dates. Oakwood Place, Ardgay: 1.45 p.m. – 2 p.m. Lady Ross, Ardgay 2 p.m. – 3.10p.m



**Mobile Library dates and times - Strathoykel, Strathcarron:** 19th December 2013. Gledfield Primary School 9.40 – 10.40, Culrain 14.10 - 1445, (Times for other stops available on request, tel. 07733300761).

Bonar Bridge Library/Service Point opening times		Monday	10.00am – 12.30pm and 2.30pm – 5.00pm
Tuesday/Wednesday/Friday	10.00am – 12.30pm	Thursday	10.00am – 12.30pm and 5.30pm – 8.00pm
<b>Contact</b> – Bonar Bridge Library & Service Point, Carnegie Buildings, Lairg Road, Bonar Bridge, IV24 3EA. Tel/Fax 01863 766838. Email: <a href="mailto:bonarbridge.library@highlifehighland.com">bonarbridge.library@highlifehighland.com</a>			

**Highland Disabled Ramblers** – Enabling disabled people to enjoy the outdoors. Monthly rambles for up to 3-4 miles. Start 10.30am, bring a picnic lunch, finish around 3.00pm, ranger or professional guide. Family members, carers and other able bodied members welcome. We provide electric scooters for members to go that bit further. Centred around Inverness our rambles take us to Lairg, Aviemore & Fort Augustus. Contact Highland Disabled Ramblers. Suite 452, 24 Station Square, Inverness, IV1 1LD. Tel 01463 772671. Mobile 07895 066 965, E-mail [admin@highland-disabled-ramblers.org](mailto:admin@highland-disabled-ramblers.org) or visit [www.highland-disabled-ramblers.org](http://www.highland-disabled-ramblers.org).



**Edderton & District Gardening Club** The gardening club meets on the first Monday of the month from September to May in Edderton Community Hall. Meetings start at 7.30p.m. and everybody is welcome. Normally we have a guest speaker, and during the growing season there is the opportunity to swap plants and cuttings. Members also enjoy discounts at Scotsburn Garden Centre and Dornoch Garden Centre. Speakers from December onwards include Sally Wild (growing and using willows), Michelle Bowley (salad growing at Saladworx), Sarah Whealing from Corrycroft nurseries (dealing with garden pests) and Ian Crisp from Dunrobin Castle gardens. There is also an annual dinner in January and a light-hearted gardening quiz evening in March. New members are always welcome, no horticultural expertise is required, just an interest in gardening. For further information phone 01863 766 061.



**Plants wanted!** Sara Shaw at Amat will be organising a charity plant sale next spring and would be very grateful then for donations of any spare plants from taking cutting or dividing plants. More details to come nearer the time.

**Creich and Kincardine Art Group** -welcomes new members. We meet in the Tea Room at Bonar Bridge Hall on Wednesdays from 10am to 3pm from January. We don't have a tutor, but members are very willing to give help and encouragement to newcomers (and to each other). More details from Joan Mulligan on 01549 421321.



**Scottish Country Dancing** – Regular classes 08 January to April 2014 - on Tuesdays from 7.30pm in Ardgay Public Hall. Please contact Doreen Bruce – Tel 01863 766852 for information. Annual Rally, Christmas Party, Visits to other Groups throughout the year. Everyone welcome.

**Ardgay Badminton Club** – Currently a very healthy 60 members. Meet on Thursdays from November and stop before the lambing season in early April. Players will be moved to suitable groups depending more on ability than age after the first couple of nights. Used to play badminton? Come along on a Monday, we're a friendly club and our members come along for a bit of social fun rather than serious match play. Below shows how it worked out last season but may change depending on numbers. It should work out at £1.00 per hour for all. Rackets available. Children are allowed to start if they are in primary 4 upwards at the start of the season. Contact details for George Ross: Tel 01863 755 329, e-mail <ochayeman@hotmail.co.uk>.

Mondays			Thursdays			Saturdays		
Beginners	1830 – 1930	£1.00,	Teens	1830 – 2000	£1.50,	Competition Squad	Boys	1900 – 2030 £1.50,
Advanced	1930 – 2030	£1.00,	Adults	2000 – 2230	£2.00	Girls	2030 – 2200	£1.50
Adult "Beginners"	2030 – 2200	£1.50						

**Sutherland Walkers Group (SWG) – Programme** - More information - Fiona MacDonald, Secretary – 01862 810275



**SUNDAY WALKS 4<sup>th</sup>**  
**Sunday each Month**

8 December – Christmas Special – Inver to Portmahomack – Approx 6 miles linear. Lunch at Morangie House Hotel, Tain (**booking essential**) Leader Jon Jenkins 01862 810382  
26 January – Carbisdale Castle Ramble – Approx 8 miles circular – Leader David Hannah 01863 766061  
23 February – Rosehall Trails – Approx 6 miles circular – Leader Annette Parrott 01549 402095  
23 March – The Cat's Back, Knockfarrel, Strathpeffer – Approx 6 miles linear – Leaders Ann Mackay 01862 810742 & Jean Mezzetti 01862 881254

**Bonar Bridge Local History Society SCO 325 38** - Contact Marion Fraser. Secretary 01863 766235. Membership now stands at 16 fully paid. Contact Marion for winter/spring programme details.



**Walk/Cycle for Wellbeing**– If you have a walk you would like to feature in the Newsletter please email: [info@ardgayanddistrictcommunitycouncil.org.uk](mailto:info@ardgayanddistrictcommunitycouncil.org.uk)

If you are concerned about any loss of access anywhere in the Ardgay & District Community Council area please let us know. We are working with Matt Dent Access Officer, Caithness and Sutherland, The Highland Council, Drummie, GOLSPIE, KW10 6TA, 01408 635377 & The Scottish Rights of Way Society to ensure that no existing footpaths or long term access is lost.

**The Kyle of Sutherland Cycling Club** - For more information on the club please contact Chris at <[heaven.bikes@hotmail.co.uk](mailto:heaven.bikes@hotmail.co.uk)> or check out their website at [www.kosccc.co.uk](http://www.kosccc.co.uk) You can also find the club on Facebook - search for Kyle of Sutherland cc. Text to chris@heavenbikes on : 07543 466 699.

**Lairg (& our) Learning Centre News (Full details on ([www.lairglearningcentre.org.uk](http://www.lairglearningcentre.org.uk) – Tel 01549 402050)**

**Courses** – There are many courses – contact Lairg Learning Centre for details if you are interested in those).

**TUTORS WANTED** – Are you a Tutor? Can you offer courses? If so please get in touch with us, we are always looking for skilled Tutors to help develop new learning opportunities.



**Classes Timetable for 2013/14**

	Morning	Afternoon	Evening
<b>Monday</b>	Patchwork	Patchwork	
<b>Tuesday</b>	Gardening		
<b>Wednesday</b>	Cake Decorating	Work Club/Laptop Club/Creative Writing	Cake Decorating/Photoshop
<b>Thursday</b>	Scottish Literature		Spanish
<b>Friday</b>	German/Work Club/Poetry Cafe	Book Club	
<b>Saturday</b>	Workshop		
<b>Other Courses</b>	First Aid TBA		

## Gearrchoille Community Wood Ardgay - News from the Gearrchoille community Wood

During the summer the Gearrchoille Wood hosted several events, with the weather being great each time. Ian Paterson, our local countryside ranger ran a series of 3 weekly bushcraft events – artisan, pioneer & cook. It all sounded very intriguing, so I went along to find out! Artisan was how to make useful things from things growing in the wood: string from nettles & willow bark; charcoal from willow (with the aid of an empty biscuit tin & a very useful fire bowl). Pioneer taught us several knots to use for different occasions. We made a stretcher, which supported the weight of the instructor – such confidence! – and lashed poles together to bridge the stream. In the final event we were to cook. But first we had to light the fire. No matches in sight! We gathered thin pieces of birch bark and dry grass. Ian demonstrated how to use friction to make cinders which could be coaxed into flames. He used the string of a bow to rotate a length of hazel in a dimple carved into another piece of hazel. It looked fairly easy. Indeed, when we all had a shot, making smoke was no problem, but it was surprisingly hard to keep the process going long enough to make cinders. But only 1 success was needed to light the fire (well contained in the fire bowl once again). Ian had already made some bread dough which was shared out. We each shaped it into a long thin piece, which was wrapped around the end 5 or 6 inches of a willow rod. (Also used to toast marshmallows) This was then held above the fire & rotated to avoid overcooking (burning!). After about 10 minutes it was a tempting golden brown colour & surprisingly tasty.

The following week GCWA had invited the moth recorders for Ross-shire – Andy Scott & Margaret Currie, to set up moth traps in the wood with the catch to be inspected the following morning. The dry hot weather in July had reduced the number of moths, but we were very lucky to see 36 different species, with such wonderful names as ‘*Small fan-footed wave*’, ‘*Pinion-streaked snout*’ and ‘*True lovers knot*’. They are such beautiful & diverse creatures. It’s strange to think that they are all around at night but so rarely seen. Look at pictures of some of them at [ukmoths.org.uk](http://ukmoths.org.uk) & you’ll definitely want to come along to our next moth identification!



Photo Briatis Gaddes

We had also planned to do some pond dipping, but with the lack of rain throughout the summer, the pond became more mud than water, so pond dipping will have to wait till the spring.

**K9 Fun with the Dog Whisperer** - Having a dog is great fun – well, most of the time ... except when it shows us up in public or worse – tries to dominate us. So the GCWA invited Dog Whisperer Mike Grantham from Inverness to show how to get it right. Mike is an expert in his field and has rescued many

an unruly dog from being put down which would surely have been their destiny, if Mike had not managed to radically change their behaviour for the better. It is not suggested here that any of our own dogs are in that category, but we have surely all had the odd problem with our own pooches from time to time. So it was with rapt attention that we watched Mike in action, cleverly gaining the complete trust of those dogs that had brought their owners to Ardgay Community Hall on 28<sup>th</sup> July 2013 – our alternative venue to the Gearrchoille, as it was a wet day. The transformation was astonishing – a dog that normally took ages to be persuaded to jump into the back of her owner’s car, did so immediately on Mike’s command after he had worked with her for a while. As Mike told us, it’s all about developing mutual trust and respect – making the dog your partner. That requires consistency and assertiveness rather than dominance or aggressiveness. In other words - use consistent methods and rewards to make your dogs understand what you expect of them. That’s not as obvious as it may seem, because we often give the wrong signals. Dogs want your attention, that’s why they’ll behave even worse when you shout at them if they annoy you in some way. If they behaved badly to get your attention, then shouting at them is like rewarding them for their failings. On the other hand, if you avoid shouting and focus on giving them intentional rather than unintentional rewards, you can vastly improve your relationship with your dog. Teaching a puppy to be well-behaved is easier than changing bad habits in a rescue dog. Mike told us how, in two stages, we can teach even the most ‘stubborn’ of dogs to return to us, how to stop them from pulling on leads and from biting other people when they seem to be invading ‘our’ space, how to stop dogs from pinching things and from jumping up on to sofas and refusing to budge – in some cases threatening to bite us. Dogs are pack animals - they hate being left on their own. Mike told us how to adapt them gradually to this unnatural situation so they stop their incessant barking, howling or worse – when they’re left behind in a house or car. If you’re sorry you missed all that and would like Mike to come back some other time, please let us know (just phone 01863 766 106). Next time, however, this event will be strictly on the basis of getting firm commitments to attend. **Lots of people said they would come but failed to turn up**, so let us make it more rewarding for Mike next time. After all, he is willing to give us his time and expertise for free despite his very busy schedule. If you are interested in finding out more about Rewarding Dogs – visit Mike’s website: <http://www.rewardingdogs.com/approach.htm>

Gearrchoille community Wood Registered Office: 28 Queensgate, Inverness IV1 1YN, Registered in Scotland No: 263887 Scottish Charity No: SC 036 181. **Very Low Cost Membership** is open to everyone and all of the money raised is spent on the wood – application forms are available from: The Secretary – Mrs Rhonwen Copley, 16 Oakwood Place, Ardgay, Tel. 01863 766174 email: [gcwa@btinternet.com](mailto:gcwa@btinternet.com). Full details available on posters locally, or contact Betty Wright, [gcwa@btinternet.com](mailto:gcwa@btinternet.com) Tel 01863 755316 [www.gearrchoillecommunitywoodardgay.org.uk](http://www.gearrchoillecommunitywoodardgay.org.uk) has masses of information about the woodland and notices of forthcoming events. It also offers you the opportunity to contact the GCWA directors and let them know what you would like to see happen in the wood in the future.





**ARDGAY PUBLIC HALL** (CHARITY NUMBER 008669) **Committee**— Chairman David Laver, Caroline Sales Vice Chair/Press, Secretary/Treasurer Rhonwen Copley, Fiona Venters, Gregor Laing, Jocky Hewitt, Carol Shaw, Jeannie Sparling, Teresa Langley.  
AGM held on 12 November 2013 – *details awaited*

#### Ardgay Public Hall – Weekly Timetable(some seasonal)

	Morning	Afternoon	Evening
<b>Monday</b>	Ladybird Club	Post Office	Badminton – A&DCC 2 <sup>nd</sup> Monday each month
<b>Tuesday</b>			Scottish Country Dancing + SWRI 3 <sup>rd</sup> Tuesday each month
<b>Wednesday</b>			Tai Chi
<b>Thursday</b>			Badminton
<b>Friday</b>	Post Office		Boys Brigade
<b>Saturday</b>			
<b>Sunday</b>			

The hall is well used in the evenings but not much during the day. I'm sure there are not many halls used through the day! But contact Fiona Venters on 01863 766602, or any of the Hall Committee if you want to fill any empty slots.

**Royal British Legion Scotland – Creich & Kincardine Branch** - The Creich and Kincardine Branch of the Royal British Legion Scotland met on 7 October. Plans to upgrade the Bonar Bridge War Memorial were discussed. Partial funding has been obtained from Foundation Scotland and bids have been submitted to try and secure the remainder from other organisations for the works to replace the railings and improve access in advance of the 2014 commemoration activities marking 100 years since the start of WW1. Full details of the national plans for the commemoration are awaited but a



WW1 Primary School competition has been launched, with the winning school sending 10 year 6/7 children to visit and stay overnight on HMS Belfast in London. Details have been passed to the local head teachers with an offer of help from the Branch. We very much hope the local primary schools will participate. The Kincardine/Ardgay memorial won the Highlands and Islands Area best kept Memorial without a garden competition and came second in the National finals. Congratulations and thanks to all the helpers in the local community. The main Remembrance Sunday service and parade was held in Ardgay this year, on 10 November. A short wreath laying ceremony took place in Bonar Bridge first, with the main wreath laying ceremony and Church service in Ardgay. Wreaths were laid by the Legion, Fire Service, Boys Brigade, the MSP and Community Council. It was great to see so many people from the local community there, especially all the children who placed crosses at the Memorial. Anyone inspired to learn more about the work of the RBLs or to join, can contact the Branch Secretary, Fiona Porter, on 766349. 2014 will be a really important year for the Branch, so anyone with ideas on how we could best commemorate WW1 or wishing to volunteer to help, should also contact Fiona. The Branch AGM will be held at 7.30pm in Bonar Bridge Village Hall on Monday 2 December. Christmas parcels will be delivered to eligible pensioners as usual, around mid December. Monies raised at the Whist in Bonar Bridge Village Hall on 18 December will go to the Legion funds. Finally, the Branch would like to thank everyone in the community for their help and support this year. **We wish you all a very happy Christmas and New Year.**

The Creich and Kincardine Branch of the Royal British Legion Scotland **Dates of 2014 Meetings** - Monday were chosen for branch meetings during 2014. These would start at 7.30pm in Bonar Bridge Hall. If you are Ex-Services or a family member of Ex-Services personnel you are eligible to join the Branch and would be made welcome at our meetings. Fiona Porter has been appointed as the new Secretary of the Branch and will be helping organise the Remembrance Sunday parade. Eric Porter is the new Welfare Officer and would like anyone to contact him if a member would welcome a visit. Both can be contacted on 01863 766349 or by e-mail at [f.porter514@btinternet.com](mailto:f.porter514@btinternet.com).

**Ardgay/Kincardine WAR MEMORIAL** – Thanks to the one person who offered to help keep it tidy – we now have a rota of two.

**Kyle of Sutherland Joggers** - **How to get in touch** - Not sure if jogging is for you? Never jogged before but are interested? Just ask ... [www.facebook.com/kyleofsutherlandjoggers](https://www.facebook.com/kyleofsutherlandjoggers) - **Elissa** – 07743 228661 / 01549 421369 [elizasteven@hotmail.com](mailto:elizasteven@hotmail.com)

**Caroline** – 07799 391281 **Gemma** – 07545 929768 website [www.jogscotland.org.uk](http://www.jogscotland.org.uk).



#### READY FOR WINTER?

**Home tips** – You should be able to find – A torch & spare batteries, 3 x days supply of water & food, essential medicines & a first aid kit, emergency phone numbers, pet supplies (as necessary), shovel for snow clearing, salt/grit for paths, water stop valve in case of burst pipes.

**Car tips** – Winter tyres, shovel, grit/salt, spare blankets, welly boots, hot drink & snack if you are going on a longer journey.

**Be careful and check on your neighbours if the weather is really bad – even a quick phone call would be nice to let them know YOU are OK – then ask how they are.**



# GLEDFIELD PRIMARY SCHOOL

**PUPIL COUNCIL** - Our Pupil Council this session is our P7 pupils: Miles Jones, David Zhang-Hasell, Alanna Shaw and Annabelle Clark. Our Pupil Council has been very busy organising a charity fundraiser for Children In Need and will be helping to organise our Christmas Extravaganza and Christmas party.



**SCHOOL OUTING** - Gledfield and Rosehall Primaries



had a fantastic day with the Woodland Trust at Ledmore and Migdale Wood. Our pupils learnt about some of the history of the area and made houses for the fairies in the Fairy Glen Wood!!



**SPORTING ACHIEVEMENTS** - Our boys and girls entered the Benchball competition at Golspie. Our girls came first and our boys came second! This is an amazing achievement for our small school as we were up against all the larger schools!! Our girls also won the Girls 5-a-side Football.

**CHARITY** - A huge thank you to all parents, family and members of the community for donating 'rags' for our rag bag collection. We collected 378kg of unwanted clothes, blankets etc and raised a fantastic £189 for our school fund.

**MRS SIMPSON** - Our pupils in P4-7 said a sad 'farewell' to Mrs Simpson, their class teacher, as she went off on maternity leave for a year. All the staff and pupils wish Mrs Simpson all the best and look forward to her return.

**VOLUNTEERS** - We would be delighted if any members of Ardgay Community would like to volunteer any of their time at the school. We are always looking for football coaches, gardeners or anybody that has a special skill they would like to share with the pupils. Please do not hesitate to get in touch with the school if you feel you would like to help out in any way.



Kirsten Macneil, Cluster Head Teacher, Gledfield & Rosehall Primary Schools  
Gledfield ~ 01863 766580, Rosehall ~ 01549 441214

**BOYS BRIGADE** –The Boys Brigade - where all new members in primary seven or older will be made most welcome. For more details contact Donald Simmonds 766796, Donald Brown 766166 or Daniel Thomson 766360.

**LADYBIRD PLAYGROUP** - Mondays 9.30 -11.30 costs £1.50 (includes snack, tea & coffee)



Located in the **Ardgay Public Hall** the playgroup benefits from the large open space that accommodates a vast selection of toys specifically aimed at 0 – 5yr olds. A baby area with mats, bean bags, padded sections and fun toys provides opportunities for wee ones to explore safely away from the older children. For older children there is a great selection of ride on cars, trikes, motorbikes, and runways to whizz around on. Climbing frames and slides are a great challenge also, creating spaces for dens and imaginative play. Quieter areas for play with smaller toys such as garages, fire stations and dolls are available to the children each week. **All children 0-5 & parents/carers will be made most welcome.**

**Kyle of Sutherland Youth Development Group - Bonar Youth Bus – Next Stop the Stars!**

#### **WHATS ON**

Monday	7.00 – 9.00
Tuesday	3.30 – 4.30 P1-P3 After School Club (term time only)
Wednesday	10.00 – 11.00 0-5yrs Music & Movement (term time only)
Thursday	3.30 - 4.45 P4-P7 After School Club (term time only)
	7.30 – 9.30 S1 & over Youth Group
Friday	10.00 – 11.00 0-5yrs Art Club (term time only)



**Site Redevelopment** - The group is continuing to identify sources of funding to redevelop the site with the aim of providing a Youth & Family Hub accessible to all residents in the Kyle of Sutherland as well as visitors to the area. The first phase will accommodate existing clubs, a new fitness suite, multi use space, soft play centre, agency rooms and a café. These are exciting times, as we progress with the development we will keep residents informed through open meetings and events.

**Hayley Bangs, Chair of the group** said “With very clever use of limited space, we hope to include ideas from the local community which will also attract people in to the area and give them a new experience.” KOSYDG is always looking for volunteers to help deliver services and to sit on the management committee. “This is a very exciting time for the youth group, with a great deal still to do.” said Kathy Smith, Secretary. “We will continue to work with the local community to create a facility of which we can all be proud.”

**Anyone interesting in offering their time and skills should contact Hayley on 01863 766310.**

I have handed over the management of the youth group staff to my colleague in Dornoch. Yvonne Ross - [Yvonne.Ross@highlifehighland.com](mailto:Yvonne.Ross@highlifehighland.com), Regards Rob Parkes

**Kyle of Sutherland Heritage Society**, The Heritage Centre, Ardgay – Leaflets on: Kyle of Sutherland – Physical Geology, Birds, Prehistoric Sites & Montrose – The Battle of Carbisdale are available from the centre.

**NEW MEMBERS & COMMITTEE MEMBERS URGENTLY REQUIRED** = If you are not a committee person but still want to help in sustaining the society – from helping to set up or curate our annual exhibitions, carrying our research, making tea at events or lecture nights or in any other way please contact us via our website [www.kyle-of-sutherland-heritage.org.uk](http://www.kyle-of-sutherland-heritage.org.uk) by e-mail [kosh-whinstone@talktalk.net](mailto:kosh-whinstone@talktalk.net) or by telephone at 01863 776 174.

**NHS SCOTLAND – RECOMMENDATION – OVER 65s STAY HEALTHY – GET THIS YEAR'S FREE WINTER FLU VACCINE** This year's vaccine will help protect you against three strains of the flu virus, including swine flu, for up to a year. Call your GP practice to make arrangements.



**Creich Surgery** - Creich Surgery, Cherry Grove, Bonar Bridge IV24 3EP, Tel: 01863 766379 Fax: 01863 766768

#### **Consulting Times for appointments**



Day	Morning Appointments	Afternoon Appointments
Monday	0900 – 1130	1530 – 1700
Tuesday	0900 – 1130	1530 – 1700
Wednesday	0900 – 1130	1530 – 1700
Thursday	0900 – 1130	1530 – 1700
Friday	0900 – 1130	1530 – 1700 & 1800 – 1830 for working patients

**Out of hours GP services** - are available between 6.00pm and 8am on weekdays, at the weekend, and on public holidays. These services provide help when your GP surgery is closed and your condition is too serious to wait until the next day. If you phone your surgery when it is closed you will get a message explaining how to contact your local out of hours service.

**NHS24** - Contact for health care advice on 08454 24 24 24 (Textphone 18001 08454 24 24 24).

**NHS Inform**— You no longer need to look in lots of different places for Health Information you can trust.

Call 0800 22 44 88 (8am to 10pm) or visit [www.nhsinform.co.uk](http://www.nhsinform.co.uk).

**Dental Helpline** - Should you experience difficulties in registering or accessing emergency care for NHS Dental treatment, please contact the NHS Dental Helpline on 08456 442271 (Evenings & Weekends NHS 24 on 08454 242424) or email [nhshighland.dentalhelpline@nhs.net](mailto:nhshighland.dentalhelpline@nhs.net) If you are not registered with a dentist and are disabled it may be that you can qualify for a fast track registration provided that you fit the dental criteria. If you get a letter from your doctor which explains your condition and disability and forward the information to the following address you may get registered sooner: The Centre for Health Science, Inverness Dental Centre, Old Perth Road, Inverness, IV2 3JH, Tel 08456442271.



**NHS Minor Ailments Service**— is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits. When you are registered for the Minor Ailments Service your pharmacist can give you medicine for a minor illness or complaint, if they think you need it. You will not have to pay for this but you will have to register with a pharmacist. For more information contact – your local pharmacy, your doctor or NHS staff involved with your care, your local CAB or the NHS inform Helpline on 0800 22 44 88 (calls from a landline are free).

**NHS Highland Briefing Notes** Issues now out and available on NHS Highland website - [www.nhshighland.scot.nhs.uk](http://www.nhshighland.scot.nhs.uk) These notes provide a summary of the Board Meetings. It also includes updates on topical issues including: NHS Highland Annual Review, 19<sup>th</sup> July 2013, Highland Quality Approach, Paediatric Insulin Pumps. Adult Social Care, Updates from Operational Units, Engagement & Campaigns, NHS Highland News. Any queries, or items for future issues, please get back to:- Mairie Thompson, Head of Public Relations & Engagement | NHS Highland, Assynt House, Inverness IV2 3BW,

Tel: Direct 01463 70 4722 | 01463 70 4927 | 07909 726 193 E: [mairie.thompson@nhs.net](mailto:mairie.thompson@nhs.net) | [www.twitter.com/nhshmt](http://www.twitter.com/nhshmt)

**East Sutherland Community Care Forum** - below is a link to the new Engaging with Activity website. Well worth a look and feel free to pass on. <http://engagingwithactivity.com/> Regards, Carol. We are seeking a representative from Ardgay and District to take a place on their board and to provide communication to and from the people. If you would be interested in representing Ardgay on the Forum please contact **Carol Summers Local Development Worker East Sutherland & East Ross-shire Office:** 01463 718817 Mob: 07918 747 756 Email: [csummers@hccf.org.uk](mailto:csummers@hccf.org.uk)

**AGE UK (combining Age Concern & Help the Aged) – Products and Services for the over 50s** – Travel Insurance, Home Insurance, Electricity, Personal Alarms, Stairlifts, Funeral Plan, Will & Legal Services, Annuity Service, Equity Release, Lifebook, Weekly Lottery, Charity Flowers, Bathing range. Find out more – Contact General Enquiries, Tel 0800 085 3741. [www.ageuk.org.uk/information](http://www.ageuk.org.uk/information).

**Highland One Stop Shop run by Autism Initiatives** - As the project is Highland-wide a similar form of outreach could be developed in **East Sutherland** to meet local needs. "They will be delighted to hear any ideas regarding interests people have and what kind of programme they would like to develop for a Highland One Stop Shop in Sutherland". For this to happen it would be helpful to know if people are interested and if an initial meeting would help people to explore what could be offered and where a suitable location would be, particularly for those who would benefit from the service (including carers). Please feel free to circulate this to your contacts and ask people to re-circulate to their contacts - rather like building a pyramid from the capstone down to the basement! Time is already short as the Scottish Government only provided funding for two years. It is really important that information about the project is spread as widely and as quickly as possible throughout Sutherland. Thank you and best wishes [Diane Roberts, Project Assistant, Autism Initiatives, Autism Initiatives – Highland One Stop Shop Albion House, 28 Ardconnell Terrace, Inverness, IV2 3AE, 01463 717880, \[www.autisminitiatives.org\]\(http://www.autisminitiatives.org\)](mailto:Diane.Roberts@autisminitiatives.org)

**Know your rights - Sales of mobility aids and products (November 2013)** - If you suffer from a disability or mobility problem there are many products on the market designed to help you in your day-to-day living. The choice and range of products can be overwhelming however and products may include: Stairlifts, scooters, wheelchairs, bath lifts and bath/shower seats, walking aids, walk-in baths, hearing aids, specialist beds. These products may enable you to live, work and socialise more independently. It is important therefore that you (and your Carer) when thinking of buying such products shop around for the best deal and for the best aid which fits your personal needs. **Get further advice and assistance** - Both the Scottish Accessible Information Forum (SAIF) and Capability Scotland have websites promoting accessible information for disabled people and their Carers. Both of these organisations can be contacted at: SAIF c/o Scottish Council for Voluntary Services, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ, Freephone: 0800 169 0022. Capability Scotland, Westerlea, 11 Ellersley Road, Edinburgh, EH12 6HY, tel: 0131 337 9876 You can also contact your healthcare professional or contact the Disability Information and Advice Line UK (or DIAL UK) on telephone number: 0808-800-3333 for further advice and guidance or visit their website at: <http://www.scope.org.uk/help-and-information>. For further advice about your consumer rights, you can also speak to an advisor from Citizens Advice Consumer Service on 08454 04 05 06 or write/visit Highland Council Trading Standards, 38 Harbour Road, Inverness IV1 1UF.

## New Support Groups

**Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA)** are rheumatic conditions that can cause severe pain and, left undiagnosed and untreated, GCA can cause blindness. Although the conditions can appear independently of each other, they are sometimes exhibited together. They usually strike people over 50 and are more commonly diagnosed in women. Currently, the only known effective treatment is long term use of corticosteroids. PMR-GCA Scotland was formed in 2006 because of one person's desire (Jean Miller) to get more information for herself. Since then it has developed into an organisation that supports both the medical community and sufferers of the condition. Our principle objectives are to;

- Provide support and information to people with the condition so they can self manage and access appropriate care services
- Increase knowledge and awareness within the medical community and general population to support early diagnosis and intervention, facilitating the best possible outcome for the patient

Alongside setting up of the charity, Jean founded a monthly support group in Dundee. This has been appreciated by all who attend however the distance to travel is difficult for some and impossible for others. The charity is now attempting to organise one-off informal meetings across Scotland to see what else can be done. The first will be in Inverness in the new Alzheimer Scotland offices from 12.00 to 16.00 on Tuesday 12th November 2013. There is no fixed agenda; this is not a formal meeting but a way of getting together with others who are coping (or maybe not coping) and trying to figure out what is locally practical.

Whether you are a carer or patient, if you are interested, please do drop in but to help us with numbers, we would be grateful if you would phone our Helpline on 0300 777 5090 or 01463 751 248, although just turning up is fine. For more information please visit our website [www.pmrangca.org.uk](http://www.pmrangca.org.uk) or you can email us at [info.scotland@pmrangca.org.uk](mailto:info.scotland@pmrangca.org.uk) Bea Nicholson – Chair of PMR-GCA Scotland

**OUTSTANDING VOLUNTEERING OPPORTUNITY** - Dear Active Schools and Sports Development managers, As you may be aware Glasgow 2014 are looking for up to 15,000 of Scotland's friendliest people to volunteer at the **Glasgow 2014 Commonwealth Games**. From today, people can register their interest on their new volunteering site before the **online application process opens mid-January 2014**. For more details on volunteering, including how the application process works, the types of roles available and the benefits of taking part, please visit the 2014 website. You'll also be able to download our volunteer digital toolkit which will provide everything you need to begin talking to your networks, members and/or staff on how to get involved and "be the Games". Please help support the recruitment drive and share this email with coordinators, officers and wider networks. If you'd like to talk to one of the Glasgow 2014 team, please call their contact centre on 030 3333 2014 or email them at [contactus@glasgow2014.com](mailto:contactus@glasgow2014.com). Thank you for your support.



## Bonar Bridge Recycling Centre (Civic Amenity Site): Opening Times

<b>Mon</b> - 1.00 to 4.00pm	<b>Tues</b> - 1.00 to 4.00pm	<b>Thu</b> – 8.00 to 12 noon	<b>Fri</b> - 8.00 to 12 noon	<b>Sat</b> – 9.00 to 12 noon
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Will take: Cans, car batteries, engine oil, fridges, garden waste, gas cylinders, glass, paper – for advice on other items call 01349 868439.

**Recycling Tetrapak** - [http://www.tetrapakrecycling.co.uk/Recyclable\\_consumers.asp](http://www.tetrapakrecycling.co.uk/Recyclable_consumers.asp)

Above a link to tetrapak. The labels they provide are not Freepost. Some local authorities are providing kerbside collections for these, so hopefully THC can be encouraged to soon.

## Charities – The known charities, with recycling shops in the area & which all need volunteers are:

**Dornoch** – St Finnbar's Scottish Episcopal Church, just off Cathedral Square. (clothes, books, bric a brac etc.)

**Golspie** – 2<sup>nd</sup> Best (Alzheimer Scotland Society), Main Street, Tel 01408 633008. (clothes, books, bric a brac etc.)

**Lairg** – Blythswood Christian Care, behind the Bank of Scotland, Main Street, (Wed, Thu, Fri 10.00 – 16.00) 01349 830777

**Tain** – Blythswood Christian Care, 25 Lamington Street, Tel 01862 893408. (Highland Foodbank, shoeboxes appeal, clothes, books, bric a brac, used stamps, etc.) **For larger items e.g furniture, white goods, sports equipment, fixtures and fittings, carpets etc. call the Highland Deephaven Depot, Alness 01349 830777**

**Tain** - Highland Hospice, 11 King Street, Tel. 01862 894216. (clothes, books, bric a brac etc.).

*(let me know if there are any others – editor)*

**Crofting Resource Programme** - The Scottish Crofting Federation is running a programme to help develop crofting in the Highlands & Islands. This could take the form of advice to individuals, training on different aspects of crofting, help for new starters, or looking at development opportunities for individual crofts or for townships. If you want to discuss anything, contact Russell Smith on 01863 766144.

**CAB (Citizens Advice Bureau)** – As well as the satisfaction from seeing the difference you make, CAB volunteering will equip you with new skills that stay with you no matter what you do next. You don't need special skills or knowledge to be an adviser, as your bureau will give you all the training you need. Being a volunteer can seem a little daunting, but don't worry! From your very first day you'll get all the help you need.

We'll pay expenses and volunteering needn't affect your benefits. Contact Richard Gale, Manager East Sutherland CAB, Station Road, Golspie, KW10 6SN, Tel 01408 633000, e-mail [advice@esvas.org.uk](mailto:advice@esvas.org.uk)

The Citizens Advice Bureau hold free drop-in sessions every Thursday morning in Bonar Bridge Library, 10.15-12.15. A home visit for the Kyle of Sutherland area can be arranged by phoning the CAB Office in Golspie on 01408 633000 to arrange an appointment.

**CAB are offering FREE – MONEY ADVICE - 'Don't hide it under the bed' Book a free, confidential appointment with a Money Adviser –call 0808800 0118 or East Sutherland Citizens Advice Bureau on 01408 633 000.** Our trained Money Adviser can help you manage your money day to day, plan for monthly outgoings and explain money matters in an easy to understand way. We won't recommend any products or try to sell you anything. It's about clear, unbiased money advice you can trust and that can make a real difference to your life. (Examples – budgeting to saving, credit and borrowing, mortgages, insurance, pensions and retirement planning). Website <[moneyadvice.service.org.uk](http://moneyadvice.service.org.uk)>.



**Thinking of Volunteering?** – There are many opportunities in our area and these are only a few: Voluntary Groups East Sutherland can give you details.

**VG-ES (Voluntary Groups East Sutherland)** - for information on Third Sector groups and organisations. Helping to keep you in touch with the wider world. Tel 01408 633001 FAX 05601 146813 or e-mail [christine@vges.org.uk](mailto:christine@vges.org.uk) - [liz@vges.org.uk](mailto:liz@vges.org.uk) - Manager - Christine Ross.

There are over 200 community groups and organisations linked through VG-ES who provide a great deal of practical and help and support in maintaining their operational work.

**SALTIRE CHALLENGE** - My name is Grahame Thomson and I am the Development Officer at Voluntary Groups – East Sutherland (VG-ES). As part of the work VG-ES undertake, we aim to represent and support voluntary groups and individuals interested in or actively volunteering. To this extent we also endeavour to encourage young people and associated groups to participate in volunteering as much as possible. Young people (12-25 year olds) are able to receive a Saltire Award which formally recognises the commitment and contribution they make as an individual. The awards which are supported by the Scottish Government are also designed to support, encourage, enable and reward youth for volunteering. One of the awards available as part of Saltire Awards is the Challenge Award. This is awarded to individuals for a one-off volunteering event and is an ideal introduction to volunteering. It is designed to give young people an initial experience of volunteering but in the comfort zone of a team. Organisations can host a Challenge specifically for the Saltire Awards or allow young people to participate in a pre-arranged event. I would like to suggest a partnership with a local youth club or group such as Scouts, Boys Brigade, Guides or Cadets and the Community Council to organise a Challenge event co-ordinated by VG-ES. The event could address an issue, problem or concern that would be of benefit to the Community Council area such as weeding, a litter pick or assisting with a community garden etc. If you are interested in our suggestion please get in touch. I look forward to hearing from you.



**Homes and Communities Agency** to help groups to formally establish, build up their development proposals and submit a Community Right to Build Order. The funding is available until the end of March 2015. Any community group or parish council can apply provided they meet certain basic standards. Community groups should first discuss their proposals with the Community Right to Build Support Hub at Locality who can be contacted through their [website](http://www.locality.gov.uk) or on 0845 345 4564. Further details on how to apply and the requirements of the programme are detailed in our application guidance which is available to download from the website. If you have any questions about the fund in general please email them. **Contact: Homes and Communities Agency Email:** [crtb@hca.gsi.gov.uk](mailto:crtb@hca.gsi.gov.uk) **Website:** <http://www.homesandcommunities.co.uk/community-right-to-build>

**East Sutherland Producers/Dornoch Farmers Market** - If you are interested in taking a stall, contact Russell Smith on 01863 766144

The Relationship Helpline – FREEPhone - 0808 802 2088 – Confidential support for all your relationship difficulties. Website at [www.therelationshiphelpline.org](http://www.therelationshiphelpline.org). We are here to help with – Affairs, Arguments, Communication, Crisis, Family, Separation, Stress, Sex, Unhappiness.

**The Kyle of Sutherland (formerly Achany) Apprenticeship Scheme** continues to be available and has now supported 6 placements. For further information about the Fund please contact any of the Panel members locally or make contact with Carol Elliot, Community Programmes Executive, Foundation Scotland, 07500 779227- ([carol@foundationscotland.org.uk](mailto:carol@foundationscotland.org.uk)) -[www.scottishcf.org](http://www.scottishcf.org) - Office 5 | Farraline Park | Margaret Street | Inverness | IV1 1NH. Foundation Scotland (known also as "FS") is registered as a Scottish charity (SC022910) and is a company limited by guarantee (SC152949) with its registered office at 22 Calton Road, Edinburgh, EH8 8DP.



Applications can be made at any time. Application forms are available from the Bonar Bridge Service Point or from [www.scottishcf.org/achany](http://www.scottishcf.org/achany). — Meanwhile if you'd like to find out more about the Fund please contact either David Hannah or Marion Turner (Community Council Members) or Betty Wright or Angi Banks (Community Members)

**Foundation Scotland** - I will only be working 2.5 days a week, generally Tues, Weds and a Thursday morning. This will be flexible of course depending on what is happening with various funds and other pieces of work. Thanks to you all for your hard work to support the effective management of your community fund this past year. I look forward to continued work together in 2013 and beyond. Carol Elliot, Community Executive (North), 07500 779227 ([carol@foundationscotland.org.uk](mailto:carol@foundationscotland.org.uk)) | [www.scottishcf.org](http://www.scottishcf.org)

**Community Benefit Money (Windfarm Grants)** - There are several options for local groups looking for funding for their projects.



For grants under £2000, there is the BeinnTharsuinn fund. Application forms (& full details of the fund, including guidelines for applicants) can be downloaded from A&DCC website, or obtained from Highland Council in Golspie (01408 635335). The completed form should be returned to Phil Tomalin, Highland Council as Highland Council administers the fund. The form will then be forwarded to the Community Council for consideration at their next monthly meeting.

For larger projects (more than £2000), there are the SSE & EoN Community Benefit Funds. These are both administered by Foundation Scotland and decisions made locally by the Panel.

Application forms for both these funds are available at HC service points, Kyle of Sutherland Development Trust office in Bonar Bridge; by e-mailing Carol Elliot (as above). Applications can only be made to one or other of these funds the panel meets approx. 6 weeks after deadlines to consider applications.

**SSE Sustainable Development Fund** – Highland Region was launched on Tuesday 19<sup>th</sup> November 2013 in Bonar Bridge Hall by



Rt, Hon. Lord Jack McConnell, Chairman of the Fund Panel. More information about the fund is available at [www.sse.com/sustainablefund](http://www.sse.com/sustainablefund). First deadline for full applications is 15 February 2014. Contacts for questions, Ciara Wilson, Community Investment Advisor, 0141 224 7191, [ciara.wilson@sse.com](mailto:ciara.wilson@sse.com) or Graeme Keddie, Head of Community Investment, 01738 512 636, [Graeme.keddie@sse.com](mailto:Graeme.keddie@sse.com).

**BeinnTharsuinn**– See CC Minutes

**EoN Rosehall** – Application forms are now available at Highland Council Service Points in Bonar Bridge and Lairg. Community Benefit being linked through Foundation Scotland and grants approved by the existing Panel. Further details are available from Carol Elliot, Foundation Scotland (as above)

**SSE & EoN Community Fund - Panel Meeting on – 27 January 2014 – Annual Review.**

**SSE & EoN Community Benefit Panel members are currently:-**

**Ardgay & District:**, Betty Wright, Marion Turner, David Hannah, Angi Banks

**Criech:** Rosie Baxter, Pete Campbell, Russell Taylor, Catriona Hill

**Lairg:**, Sandy Allison, Ian Mackay, Anne Morrison, David Ross

If you wish to be considered for vacancies that may arise in your community council area please contact the Panel Secretariat, on 01863 766536. The next deadline for grants of between £2000 - £10,000.

**Sallachy** – WKN AG was one of the sponsors of the Energy North Annual Awards Dinner, which took place on 31st October at the Drumossie Hotel, Inverness. It was an honour to be part of the event and invite guests from the local community who have been involved in our Sallachy wind farm project to enjoy the evening. The event was to celebrate the North of Scotland and Islands energy sector and I was given the opportunity to present the award for Best Renewable Energy Service Supplier, which went to Orkney's Green Marine. I was glad to see so many strong renewables companies and their projects in the region being recognised.

There were also a number of international companies present, such as WKN AG, which underlines that the energy sector is attracting inward investment to the North of Scotland and benefiting the economy. Our Sallachy wind farm proposal is still with Scottish Ministers after Highland Council supported the development and decided to 'raise no objection' to the application earlier in the summer. I will keep the local community updated on our progress.

Finally, on behalf of WKN AG, I would like to wish a very Merry Christmas to the readers of the Ardgay and District Community Council Newsletter. I hope you have a chance for a festive break over the holidays and look forward to the new year in 2014.

**Oliver:** My contact details are below and please get in touch if you have any queries. If you have any questions or suggestions regarding our proposals contact - Oliver Patent, Head of International Developments, WKN AG, [patent@wkn-ag.de](mailto:patent@wkn-ag.de) or on 0141 212 7222 or Sallachy Wind Farm, C/O Invicta Public Affairs, 5 Coates Crescent, Edinburgh, EH3 7AL, [info@sallachywindfarm.co.uk](mailto:info@sallachywindfarm.co.uk), 0131 220 0171



Inge Schuster & Oliver Patent at the Energy North Annual Awards Dinner

**Braemore** – See A&DCC Minutes for November for update. Supplemental information is now available to view at Highland Council Service Point, Bonar Bridge or from Braemore contact – Richard Fisher, Development Manager, Wind Prospect Developments Limited, 13 Rutland Street, Edinburgh, EH1 2AE, Tel 0131 225 8545, Web [www.braemorewindfarm.co.uk](http://www.braemorewindfarm.co.uk) E-mail [sarah.dooley@windprospect.co.uk](mailto:sarah.dooley@windprospect.co.uk).

**Glen Morie** – Contact – Claire Addison, AES Wind Generation, Glenmorie Wind Farm LLP, AES The Old School Offices, 2 Dalmahaoy, Edinburgh, EH27 8EB, Tel 0131 335 0963 E-mail <Claire.addison@aes.com>.

**Glen Cassley** – Highland Council approved the Planning Application on 20 May 2013 – nothing further to date

**Dalnessie** – Contact SSE Liaison Manager, Ruth Liddicoat, Inveralmond House, 200 Dunkeld Road, Perth, PH1 3AQ, E-mail [ruth.liddicoat@sse.com](mailto:ruth.liddicoat@sse.com), Tel 01738455120, Mob 07767852826.

**Coire na Cloiche – Rock by Sea** – No updates at present

**CROFTERS AND SMALL LANDHOLDERS SKILLS FOR THE 21ST CENTURY Practical Training Courses - CAITHNESS AND SUTHERLAND** A wide range of further courses is available and being arranged in topics such as horticulture, vet skills, equipment maintenance. For more information please contact: Su Cooper, Scottish Crofting Federation, Tel: 01463 796836 / 01599 530005 e-mail: [training@crofting.org](mailto:training@crofting.org), [www.crofting.org](http://www.crofting.org) Registered in Scotland as a Limited Company No: SC218658. Recognised as a Scottish Charity No. SC 031919 Funded by – The Scottish Government & Highlands and Islands Enterprise



### Highlands Small Communities Housing Trust - SELF BUILD INITIATIVE FUND (SBIF) -

Following our successful bid to the Scottish Governments Innovation & Investment Fund last year, we are pleased to announce the launch of our Self Build Initiative Fund for self-builders in the Highlands. The fund will front fund self builders with loans ranging from **£5,000 — £20,000** to help finance the start up costs of new builds. The loans are only re-payable at wind and water tight stage when standard mortgage facilities become available. It is hoped that this fund will enable the provision of Low Cost Home Ownership throughout the Highlands. An arrangement fee is payable but the loans are **interest free** and have no hidden costs. In addition to the SBIF, we also have a **deferred plot payment scheme** whereby purchasers of our plots have the option of signing a loan agreement with HSCHT agreeing to pay for the plot at a later date. For further details on the SBIF or deferred plot payment scheme, please contact <[morven.taylor@hscht.co.uk](mailto:morven.taylor@hscht.co.uk)> or Tel 01463 233 549.



**Community Right to Build - seed corn funding** - is a new process from the Localism Act aiming to help communities to deliver the development they want – homes, shops, businesses or facilities – where the benefits of the development will be retained in the community. Community groups are invited to apply for a share of the £17.5m fund which is being made available through the

### Forestry Commission Scotland

The National Forest Land Scheme gives community groups the opportunity to apply to buy these woodlands before they are put on the open market - if you'd like advice, information or more details of what this involves please get in touch.

Jon Hollingdale, Chief Executive Officer, Community Woodlands Association, Steading Cottage, Craigfield Farm, Kintessack, Forres, Moray IV36 2SP, Web: [www.communitywoods.org](http://www.communitywoods.org) | Tel: 01309 674004 | Mob: 07792 028675



**Highland Council Private Housing Grants Available** - The Highland Councils "Scheme of Assistance" offers grant assistance and technical advice for a variety of repairs, disabled adaptations and energy efficiency improvements. If you've owned and lived in your property for a minimum of 2 years then you may be eligible to qualify.

**For further information please contact, Davy Ross – Technical Officer, Housing Grants The Highland Council, Drummuie, GOLSPIE, Sutherland, KW10 6TA, Tel. 01408 635325**

**Highland Handyperson Service** – Are you aged 65 or living with a disability? Do you need a Handyperson to help with minor repairs at home? Each Handyperson is fully equipped with tools and will be ready to undertake your repair. You will only be charged for materials used to complete the agreed work. There is no charge for the Handyperson's time or travel expenses.

Contact – Sutherland Handyperson Service, ILM (Highland), Unit 1G, Lairg Industrial Estate, Churchill Road, Lairg, Sutherland, IV27 4BL, Tel 01549 402798, e-mail [suthcare@ilmhighland.co.uk](mailto:suthcare@ilmhighland.co.uk).



**Need assistance with Adaptations to your HOME? Contact the Handyperson/Care & Repair Agent at the above address, or Highland Council Technical Officer – Tel 01408 635325 e-mail [env.health@highland.gov.uk](mailto:env.health@highland.gov.uk)**

**NEWSLETTER DISTRIBUTION - Ardgay & District Community Newsletter Distribution (now up to 370 produced to meet increased demand). We have vacancies for distributors – No Distributor = No Newsletter. (If you can even deliver a few to your neighbours it would help)**

Area	Distributor	N0.	Contact
Ardgay Hill East	Phil Olson & Marion Turner	28	Phil & Marion
Ardgay Hill West	Editor	22	Editor
Bonar Bridge - Various – Post Office, Library, Bradbury Centre, Creich Surgery, Key Commercial Services, Police Station, Migdale Hospital, Business Gateway	Editor	15	Editor
Carron Place	Jeannie Sparling	24	Editor
Culrain Lower	Liz Cormack	22	Editor
Culrain to Oykel	Alan Lawrence	20	Alan
Culrain Upper	Vacant	12	Editor
Station and Centre	David Laver	8	David
Dounie to Amat	Gaye Hart	26	Editor
Gledfield to Dounie	Marion Turner	15	Editor
Gledfield	Marion Turner	8	Editor
Gledfield (part of Church Street)	Davy Ross	5	Editor
Highland Councillors	Editor	3	Editor
Kincardine Hill	David Knight	13	Editor
Manse/Struie Place	Teresa Langley	26	Teresa
Oakwood Place	Rhonwen Copley	22	Editor
Oakwood Place to W Fearn	Brigitte Geddes	27	Editor
Other bit of Oykel	Bob Sendal	20	Bob
Strathcarron West	Gaye Hart	26	Editor
Strathcarron East	Betty Wright	28	Betty
Cornhill	Theresa Langley	8	Editor
<b>And of course it is available on-line at &lt;<a href="http://ardgayanddistrictcommunitycouncil.org.uk">ardgayanddistrictcommunitycouncil.org.uk</a>&gt;</b>		Total	370

Community Councillors - 201 Editor Delivery to other distributors – 157 - **No Distributor 12** **Total 370**

**TAX HELP – for older people - All wrapped up** - Isn't it a lovely feeling when the presents are opened and the turkey is cooking, another Christmas successfully executed. But, how many of us can say the same about our tax affairs? The end of the year is a good time to make sure everything is in order, especially if you have to complete a self assessment tax return. The time for filing a paper return has passed and if you want to avoid a £100 penalty the only option is to file online, extending your deadline to 31st Jan 2014. Another thing to think about is how you intend to pay any tax due. If you want HMRC to use your 2014/15 tax codes you must file your return by the 30<sup>th</sup> December.

To file online you have to be registered with HMRC. Following the prompts on the homepage of the HMRC website [www.hmrc.gov.uk](http://www.hmrc.gov.uk) is relatively straightforward for those who are computer savvy. However, if you find technology difficult or you don't own a computer this is the time to ask for assistance. When you register you will be asked to create your own password and you will be issued with an ID number. Keep these in a safe place because you can't do anything until you receive an activation code in the post. This can take up to 10 days, **so make sure you register by the 21<sup>st</sup> Jan 2014 at the very latest.** Once your account is activated you only need your password and ID number to access it. Next, organise your paperwork. You will need your P60s or P45s, information about your state pension or any benefits, 975 certificates showing details of your savings income (interest) and dividend vouchers. If you have any other income, for example from self employment or rental income, you will need to have balanced your accounts. Once you have entered all of your income and details you can view your calculation and if you agree, check the declaration box, follow the prompts and submit your return. Beware at this point though, as this part can be a bit confusing. Make sure you have actually submitted your return. We suggest you check the return status on your main page before logging out.

Finally, pay the tax due. If you have opted for the amount to be taken via your tax codes you can relax for now. But, don't forget, once the new tax year begins you need to check that your codes have been adjusted to take the amount due. If paying in a lump sum, you must pay any tax due for 2012/13 by 31<sup>st</sup> January 2014. For amounts under £1000 you can normally pay in one payment. However, if you owe more than this HMRC will generally ask you to pay tax for 2013/14 via the 'payments on account' system. Put simply, you pay half the tax due (based on the previous year's tax) by 31<sup>st</sup> Jan in year, half in July following the tax year and a balancing payment based on your return in the January following the tax year. This can mean that the payment in January is quite high.

This article is by Tax Help for Older People (operated by registered charity no 1102276), offering free tax advice to older people on incomes below £17,000 a year. The Helpline number is 0845 601 3321 or geographical 01308 488066

**Queen's Baton Relay Community Batonbearer** - When does the Queen's Baton Relay (QBR) take place? The International sector of the QBR will be launched from Buckingham Palace on 9 October 2013 and the baton, containing the Queen's Message to the Commonwealth, will travel to all 71 Commonwealth nations and territories before arriving in Scotland on 14 June 2014. The baton will then spend 40 days travelling through all 32 Scottish Local Authority areas before arriving for the Opening Ceremony of the XX Commonwealth Games in Glasgow on 23 July 2014. Who do I contact if I have a batonbearer enquiry? We are happy to help with any questions you have. Our website, [www.glasgow2014.com/baton-relay](http://www.glasgow2014.com/baton-relay) has lots of useful information. You can email us at [contactus@glasgow2014.com](mailto:contactus@glasgow2014.com) or give us a call on 0303 333 2014 for assistance.

This is the **22nd** (5 + years) edition of the newsletter. We propose to issue 4 times per year: Spring, Summer, Autumn & Winter.

**Copy for the Spring issue should be with the Editor by 17<sup>th</sup> February for issue in March**

**SUPPORT YOUR Newsletter:** *it costs around £1.00 per copy to produce and we are continually striving to reduce production costs. It is printed at the lowest cost we can find by Alness Heritage Centre. It is free and distributed by volunteers. If you feel you would like to help us keep it going – by helping with delivery, with a financial contribution or donation of any amount or by advertising please contact the Editor, Treasurer or any of your Community Councillors. We have successfully applied for partnership funding from Community Benefit Funding of £5,000 to keep it going but we still need your contributions towards ever increasing costs.*

Income					Expenditure	
Date	Grants	Adverts	Donations	Total	Production	Total
Totals	£10,672.00	£350.00	£95.75	£11,117.75	£8822.10	£8822.10

**Newsletter Finance** - Current Balance £2295.75 Next Print – March 2014 £385.00

**ARE YOU GETTING YOURS?** - If we missed you out (see Distribution List on P 19) and you want to be included for future issues contact any Community Councillor or the Editor – photographs and articles are always welcome and a bit more feedback would be appreciated.

*Wishing one  
and all A  
Very Merry  
Christmas  
and a Happy  
New Year.*



**Cllr Linda Munro  
THC  
Children's  
Champion.**

**North, West &  
Central  
SUTHERLAND.**

**Tel FREE  
01641 521779  
Mob 07818 075273**

**HELP!** – We want to have an Ardgay & District Community Council FACEBOOK Page but lack the skills and expertise – can anyone help to set up and manage one for us?

# Pawsability



- Dog Behaviour
- Dog Training
- Puppy Training
- Puppy Early Learning

We're happy to help with all your dog & puppy training & behaviour needs. Please just visit the web site for more info, or call.



Anna Patfield BSc. CABP, Cert CN

## PLUS - Internet Pet Shop



Dog collars & leads & tags.  
Flashing collars. Tick removal aids.  
Stop your dog pulling. Tough chews,  
Healthy teeth. Loads of fun  
dog & puppy toys.  
Luaths Holistic dog food.  
And lots more.....

Please just browse on-line, and call us to arrange pick up/delivery.

**01863 760004**

There's loads of free help & advice on the web site too.....

**PawsAbility.co.uk**

# The Wooden Quaich



*Traditional Wooden Quaichs  
Handmade to order from Scottish Timber*

*The perfect gift to mark that special occasion*

- Engraving service
- Personalised presentation boxes

**Stewart McCarroll**  
Ardgay - 01863 760004  
[www.woodenquaich.com](http://www.woodenquaich.com)

## ARDGAY GARAGE



ARDGAY - Tel (01863) 766231

**Now doing Main Dealer Warranted  
Servicing**  
Please ring for details

Please drop in at any time.

**NOW DOING BIKE MOT'S**

**HOURS OF BUSINESS**  
Monday - Thursday :8.30 - 5.30  
Friday : 08.30 - 4.30

**Alternate Saturdays : 9.00 - 12 noon**

## A Highland Welcome

**From  
ORIEL COTTAGE-  
ARDGAY**



**The Place to B & B**

**with freshly prepared quality food  
Or Self-Cater**

**En Suite/Private bathroom  
No Single Occupancy Supplement  
Kitchenette & Parking**

**OPEN ALL YEAR  
Biker Friendly**

**Telephone for details 01863 766460  
Or email  
[orielcottagebedandbreakfast@gmail.com](mailto:orielcottagebedandbreakfast@gmail.com)**

**We will be pleased to take commercial advertising  
at £40 for a full page - £20 for half,  
£10 for a quarter - £5.00 for all smaller sizes.**

*(Pete Andrews Driving School said "Ref the advert it has been a success as far as I am concerned. It is nice to be able to target the local area directly which the newsletter certainly does")*



For Sale

### Scottish Blossom Honey

£5 per 1lb pot  
Betty & Andy Wright  
tel: 01863 755316

**FOSTER FOR  
HIGHLAND –**  
Change children's  
lives for the better.  
Join the growing  
community of Highland  
foster carers.



We give £270 a week for fostering a 13 year old  
We give professional support  
We give help with health and school issues  
We give support from other carers  
We give training  
If you have room in your life as well as your home,  
phone 01463 703431 to find out more.  
Or e-mail us at <fostering@highland.gov.uk>

**CRISIS – Some resolution to the ONGOING - Delivery Problem -** We now lack enough people to deliver the newsletter in the area. Currently need help in all areas. Please help by letting me know if you are able to take few for your neighbours (Editor).



### SRCC (Ardgay) Championship

Photos 1 & 2 from left to right.  
1 – Sponsor Paul Whittock with son Harvey.  
2 - Stevie Collins 2wd winner, Kenny Clarke 2wd winner, Craig Ivory 2wd winner u 16, Allan O'Brien 4wd winner, Derek Kerr 2wd winner Veteran winner, and me 4wd round 1 overall winner.



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